



## The Health Department & Elder Options CAN HELP YOU take CONTROL of your Diabetes!

Do you or someone you love have diabetes? Our program encourages small lifestyle changes while learning about your diabetes and the way it affects your health. Have fun with friends and family while learning how to manage diabetes through better nutrition and physical activity. Enjoy the benefits of a healthier, more energetic lifestyle by signing up today!

### To be able to participate you must:

Have internet access and be able to access ZOOM on a smart phone, tablet, or home computer with a webcam.

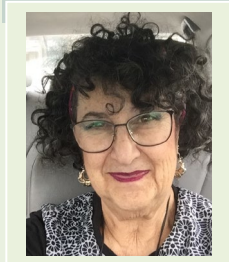
### Topics Include: What is Diabetes and What You Need to Know

- What Can I Eat...Can I still eat my favorite foods?
- Move it- Get your Cha Cha on!
- Diabetes Medicine, Herbs and More
- Keep Your Diabetes in Check
- Eyes, Teeth, Toes and Feet

### Specify this Class & Register

<https://agingresources.org/healthy-aging-classes/>

or Contact Wendy Bonilla at [bonillaw@agingresources.org](mailto:bonillaw@agingresources.org) to request a hard copy forms



### Program Details: Taught by: Laura Gamba, Certified DEEP™ Senior Trainer

Dates: March 26-May 14, 2021  
Day: Fridays  
Time: 10- 11:30 a.m.

